



**KEMENTERIAN RISET, TEKNOLOGI DAN PENDIDIKAN TINGGI**  
**UNIVERSITAS SYIAH KUALA**  
**UPT. PERPUSTAKAAN**

Jalan T. Nyak Arief, Kampus UNSYIAH, Darussalam – Banda Aceh, Tlp. (0651) 8012380, Kode Pos 23111  
Home Page : <http://library.unsyiah.ac.id> Email: [helpdesk.lib@unsyiah.ac.id](mailto:helpdesk.lib@unsyiah.ac.id)

---

## **ELECTRONIC THESIS AND DISSERTATION UNSYIAH**

### **TITLE**

**PENGARUH THERAPEUTIC LIFESTYLE CHANGES (TLC) TERHADAP PENGATURAN DIET, AKTIVITAS FISIK, DAN KADAR KOLESTEROL TOTAL PASIEN HIPERKOLESTEROLEMIA DI PUSKESMAS KOTA SIGLI KABUPATEN PIDIE**

### **ABSTRACT**

**PROGRAM STUDI MAGISTER KEPERAWATAN  
FAKULTAS KEPERAWATAN  
UNIVERSITAS SYIAH KUALA**

Putri Indriyana  
1409200180005

**Pengaruh Therapeutic Lifestyle Changes (TLC) Terhadap Pengaturan Diet, Aktivitas Fisik, Dan Kadar Kolesterol Total Pasien Hiperkolesterolemia Di Puskesmas Kota Sigli Kabupaten Pidie**  
xiii + V Bab + 56 Halaman + 7 tabel + 3 skema + 13 Lampiran

#### **Abstrak**

Therapeutic Lifestyle Change (TLC) merupakan hal penting dalam pengelolaan hiperkolesterolemia mencakup penurunan asupan lemak jenuh dan kolesterol, pemilihan bahan makanan yang dapat menurunkan kadar LDL, penurunan berat badan, dan peningkatan aktivitas fisik yang teratur. Perubahan gaya hidup sangat dipengaruhi oleh motivasi diri dan lingkungan yang memerlukan konseling gizi yang baik dan berkelanjutan. Tujuan penelitian ini adalah untuk mengidentifikasi pengaruh pemberian Therapeutic Lifestyle Change (TLC) terhadap pengaturan diet, aktivitas fisik dan kadar kolesterol total di puskesmas Kota sigli Kabupaten Pidie. Penelitian pre experiment dengan pre and post test non equivalent group design melibatkan 40 responden ( 20 responden kelompok intervensi dan 20 responden kelompok kontrol). Data dianalisis menggunakan uji wilcoxon. Hasil penelitian menunjukkan TLC berpengaruh terhadap pengaturan diet ( $P=0,000$ ), aktivitas fisik ( $P=0,004$ ) dan kadar kolesterol total ( $P=0,000$ ) Artinya pemberian TLC mempengaruhi pengaturan diet, aktivitas fisik dan kadar kolesterol total pasien hiperkolesterolemia dan TLC bermanfaat bagi penderita hiperkolesterolemia.

Kata kunci : Therapeutic Lifestyle Change, Pengaturan Diet, Aktivitas Fisik, Kadar kolesterol total.  
Sumber : (2000-2018)

**MASTER IN NURSING  
NURSING FACULTY  
SYIAH KUALA UNIVERSITY**

Putri Indriyana



**KEMENTERIAN RISET, TEKNOLOGI DAN PENDIDIKAN TINGGI**  
**UNIVERSITAS SYIAH KUALA**  
**UPT. PERPUSTAKAAN**

Jalan T. Nyak Arief, Kampus UNSYIAH, Darussalam – Banda Aceh, Tlp. (0651) 8012380, Kode Pos 23111  
Home Page : <http://library.unsyiah.ac.id> Email: [helpdesk.lib@unsyiah.ac.id](mailto:helpdesk.lib@unsyiah.ac.id)

1409200180005

Effectiveness Therapeutic Lifestyle Changes (TLC) On Dietary Habit, Physical Activities, And Total Cholesterol Levels In Patients With Hypercholesterolemia In The Sigli City Community Health Center OF Pidie Regency  
xiii + V Chapters + 56 pages + 7 tables + 3 pictures + 13 Appendixes

**Abstract**

Therapeutic Lifestyle Change (TLC) is important of management with hypercholesterolemia including a decrease in saturated fat and cholesterol intake, selection of food ingredients that can reduce LDL levels, lose weight, and increase regular physical activity. Lifestyle changes are strongly influenced by self motivation and environment support that requires good and sustainable nutritional counseling. The purpose of this study was to identify the effect of Therapeutic Lifestyle Change (TLC) on diet regulation, physical activity and total cholesterol levels in the Sigli city health center of Pidie Regency. Pre-experiment research with pre and post test non equivalent group design involved 40 respondents (20 respondents in the intervention group and 20 respondents in the control group). Data were analyzed using Wilcoxon test. The results showed that TLC had an effect on diet ( $P = 0,000$ ), physical activity ( $P = 0,004$ ) and total cholesterol level ( $P = 0,000$ ) This means that TLC affects dietary regulation, physical activity and total cholesterol level of hypercholesterolemic patients and TLC is beneficial for sufferers hypercholesterolemia.

**Keywords :** Therapeutic Lifestyle Change, Diet Setting, Physical Activity, Total cholesterol level.

**Reference :** (2000-2018)